HELP WANTED

Bakery needs your family recipes for Canada 150

metroNEWS

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plus the guaranteed $1 million prize

LOTTO 649

welcome to cloud 649

Toronto metro

Food that makes you happy

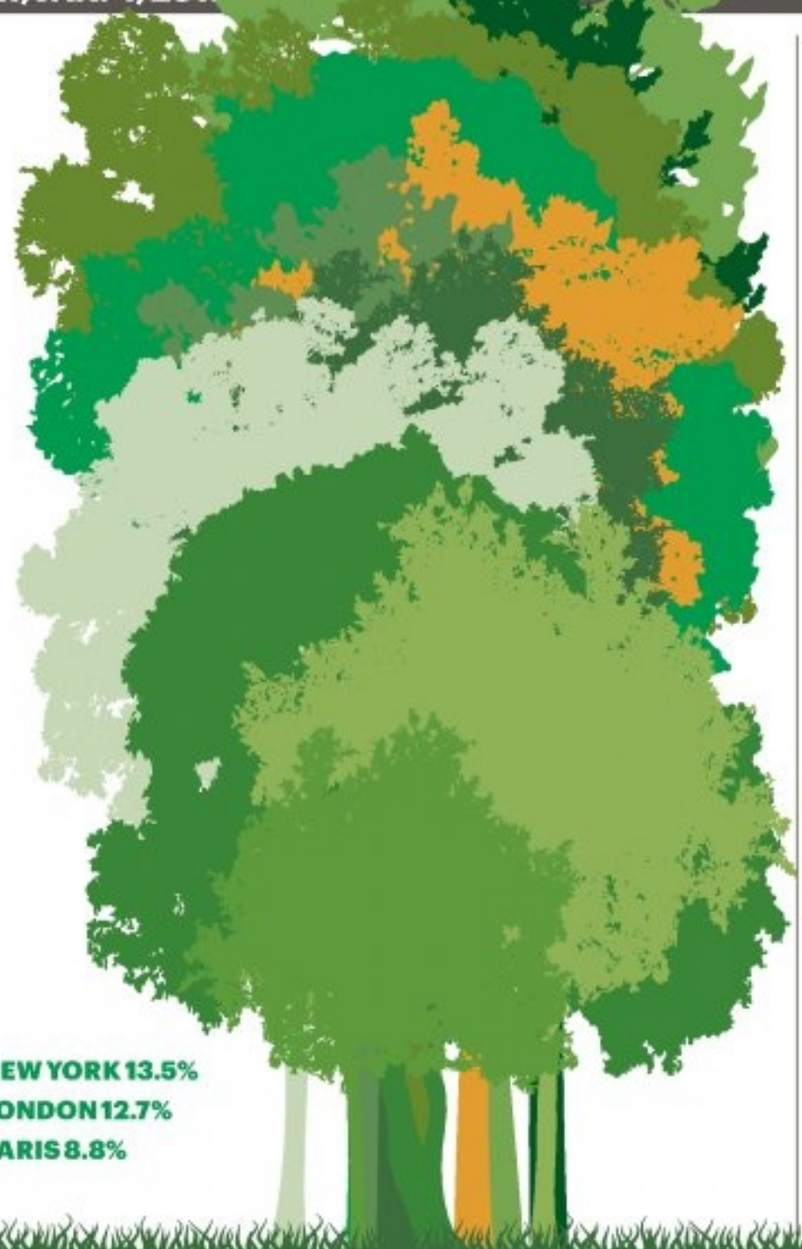
metroLIFE

Your essential daily news | WEDNESDAY, JAN. 4, 2017

High 3°C/Low -6°C Cloudy

TORONTO'S URBAN FOREST IS AMONG THE BEST IN THE WORLD (HERE'S HOW WE STAY ON TOP)

metroNEWS



Amount of the city covered by canopy

- VANCOUVER 25.9%
- GENEVA 21.4%
- SEATTLE 20%
- TORONTO 19.5%
- BOSTON 18.2%
- TEL AVIV 17.5%
- TURIN 16.2%
- LOS ANGELES 15.2%
- NEW YORK 13.5%
- LONDON 12.7%
- PARIS 8.8%

DESIGN BY ANDRES PLANA/METRO

Watch the door, or it'll watch you

TRANSIT SAFETY

Councillor says cameras could catch cars flying past streetcars

A city councillor is urging the TTC to use cameras to nab drivers who blow past open streetcar doors.

Coun. Mike Layton, who represents Ward 19 (Trinity-Spadina), took to Twitter on Tuesday to call on the TTC to look into the idea, which he said would work similarly to red-light cameras.

In an interview, Layton said he became frustrated on his walk to work Tuesday morning when he saw a driver speed past a stopped streetcar.

"I think it's a serious problem," he said. "Ask anyone getting off a streetcar whether or not they think that enough's being done to protect them."

Under the provincial Highway Traffic Act, it's illegal for cyclists or drivers to come within two metres of streetcar doors while the transit vehicle is loading or unloading passengers. The penalty is a $110 fine and three demerit points.

A spokesperson for Toronto police couldn't immediately provide statistics on how often drivers illegally pass streetcars. But Sgt. Brett Moore of traffic services agreed the problem is "very prevalent in the city of Toronto."

According to TTC spokesperson Brad Ross, staff are already studying enforcement cameras thanks to a motion put forward in 2015.

The proposal would likely require changes to provincial legislation, he added.

TORSTAR NEWS SERVICE

$110

The fine for ignoring open streetcar doors

Today's Super SellOff

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taxes included (WJV)

**Grotto Bay
Beach Resort** ★★★★
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& Transfers
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taxes included (WJV)

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metro NEWS

Your essential daily news

Canadian woman reportedly dead in Italian hiking incident. **Canada**

Western University graduate student Amara Pope researched how Drake constructs a Canadian identity through his lyrics and music videos.
EDUARDO LIMA/METRO

Doctoral student schools her professors in Drake

EDUCATION

Research on star's Canadian identity now in academic journal

Tara Deschamps
For Metro | Toronto

While most university students spent last year hunkered down in the library, Amara Pope was streaming Drake music videos for credit.

Much to her peer's jealousy, watching the Toronto rapper's Started from the Bottom video was research for a paper on Drake's Canadian identity that Pope published in an academic journal last week.

"I was always a big Drake fan, even back when he was on Degrassi," said the Western University media studies student.

"I started analyzing music videos during my undergraduate degree and I thought it would be cool to include him in my studies."

> **I started analyzing music videos during my undergraduate degree and I thought it would be cool to include him in my studies.**
> Amara Pope

But first, the PhD student had to convince her professors that Drizzy was worthy of academic attention.

"I introduced them to his music. One prof wasn't a fan of Hotline Bling, but then started sending me all the memes," she said, noting Western's faculty members preferred Drake's hit One Dance.

Pope's research explores how racial communities claim "ownership" over Drake and how the rapper projects a Canadian identity by using the Toronto name and skyline in his videos.

However, Pope found Drake's Canadian side is often at odds with his references to Memphis (his father's hometown).

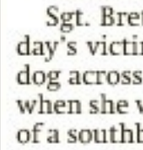
She noted his decision to drop the "u" from the spelling of his song Worst Behavior.

Pope's paper was published Dec. 31. She's already getting praise from friends, but hasn't heard from Drake... yet.

"I've had zero interactions with him, but maybe one day he will see it in the newspaper," she said laughing. "That would be awesome."

TORONTO'S DEADLY STREETS

Woman victim of collision



Luke Simcoe
Metro | Toronto

An 80-year-old woman is fighting for her life after she was hit by a car Tuesday morning near St. Lawrence Market.

According to police, the collision happened around 7:15 a.m. near Lower Sherbourne Street and The Esplanade.

The victim was rushed to hospital in life-threatening condition. No update on her health was released.

Pedestrian safety was a focal issue in Toronto in 2016. Police say 1,958 pedestrians were hit last year and by Metro's tally, 44 were killed — making it the deadliest year on our roads since 2002.

In response to the carnage, Toronto council unanimously approved an $80-million road safety plan last summer. Many of the changes contained in the plan — from lower speed limits to redesigned intersections — will be rolled out this year.

Sgt. Brett Moore said Tuesday's victim was walking her dog across Lower Sherbourne when she was hit by the driver of a southbound SUV. The dog went missing after the crash, but was found safe and sound shortly thereafter.

Police closed the intersection to investigate. The driver, a 38-year-old woman, remained on the scene. No charges have been laid.

ACCIDENT

Police seek car that fled scene of serious crash

Police are searching for a 2009–2012 Mercedes Benz GL series with front-end damage that fled the scene of a three-car collision on the Gardiner near Hwy 427 just after midnight Tuesday. The crash sent five to hospital, one with critical injuries. Police say a 25-year-old man driving an Acura EL on the expressway was struck from behind by a Lincoln Town Car. A 24-year-old male passenger in the Acura suffered life-threatening injuries.

TORSTAR NEWS SERVICE

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Toronto's urban forest was recently ranked fourth out of 11 cities around the world by researchers at MIT. TORSTAR NEWS SERVICE FILE

Canopy to be proud of, and to protect

URBAN FOREST

City gets top marks for trees from MIT researchers

May Warren
Metro | Toronto

When it comes to trees, Toronto is officially world class, but our greenery is under stress, according to local environmentalists.

Researchers at MIT recently collaborated with the World Economic Forum to map urban canopies in 11 cities around the world. By counting trees using Google Street View they measured the percentage of each city's area covered by canopy.

At 19.5 per cent, Toronto came in fourth, ahead of Paris, London and New York, but trailing Vancouver, Geneva and Seattle.

Researchers at MIT counted trees using Google Street View. COURTESY OF MIT SENSEABLE CITY LAB

Carlo Ratti, a professor in MIT's department of urban studies, said the goal is to "start a conversation" so cities can "learn from each other."

A second phase of the project will get residents engaged by letting them annotate and track trees through Google Street View.

While Toronto's highly rated canopy is cause for celebration, environmentalists say there's a lot of work to do to keep the city's urban forest healthy.

A June 2016 report by the Green Infrastructure Ontario Coalition shows local trees are under threat from poor soil quality and invasive pests.

Janet McKay, the coalition's chair, is calling on the province to create an urban forest strategy and invest more in "green infrastructure."

"It's really essential in our cities. We need it and we have really ignored it and taken it for granted," she said.

The urban forest is a "buffer" from the effects of climate change as it absorbs water during flooding, provides shade during heat waves and improves air quality, McKay added.

City parks and recreation spokesperson Matthew Cutler said the city is committed to growing the canopy to 40 per cent, despite a 3.4 per cent budget cut to the urban forestry department.

LANDMARKS

Toronto sign jazzed up for Canada 150

If you've been to Nathan Phillips Square in the past couple of days you probably noticed something new.

A maple leaf has been added to the popular Toronto sign as part of the city's Canada 150 celebrations.

The new addition will be kept up until the end of the year, said Mike Williams, general manager of economic development and culture for the city.

"But we were scheduled to keep the other sign up only for that year too, so who knows," he said. MAY WARREN/METRO

A maple leaf has been added to the popular Toronto sign as part of the city's Canada 150 celebrations. EDUARDO LIMA/METRO

Service scheduled for mom killed in attack

ISTANBUL

Family says victim 'always had a smile on her face'

The family of a Milton woman killed in a New Year's attack on an Istanbul nightclub has announced funeral arrangements for this weekend.

A service in memory of Alaa Al-Muhandis will take place Sunday from noon to 4 p.m. at the Shahrayar Centre in Mississauga, her brother Mohammed said Tuesday in a Facebook post.

"It is with great sadness and heavy hearts that we announce the tragic passing of our beloved Alaa Al-Muhandis at the Istanbul Terror Attack," the post said.

Al-Muhandis, who was 29, is survived by her husband, Asal Ahmed, and two children, Amir and Arwa.

Al-Muhandis operated an event-décor business, Looloo's Arrangements. She was also involved in her husband's used car dealership in Milton, Looloo Auto Sales, which Ahmed owned.

People gather for a minute of silence in front of the Reina nightclub on Tuesday in Istanbul days after a gunman killed 39 people during New Year celebrations, including Canadian Alaa Al-Muhandis. YASIN AKGUL/AFP/GETTY IMAGES

Those at the dealership remembered her fondly.

"She was an absolute integral part to this business," sales manager Sam Ahmed Atrakchi said Tuesday. "We're a small family, if you will."

Alaa Al-Muhandis FACEBOOK

Atrakchi said Al-Muhandis always seemed happy in the long time he knew her.

"She was a person that always had a smile on her face at all times, any time you catch her," he said. "She was a really good friend."

Al-Muhandis was among 39 people killed when a gunman opened fire at a popular Turkish club during New Year's celebrations early Sunday morning.

Daesh, also known as the Islamic State, ISIS or ISIL, has claimed responsibility for the attack.

"It's a great loss for everybody, and everybody is trying to cope with it," said Atrakchi. "She was a great person.... She will forever be loved and remembered."

TORSTAR NEWS SERVICE

IMMIGRATION

Sponsorship lottery triggers backlash

After failing to make the cut to sponsor his parents to Canada in January 2016, Daniel Dodero began compiling their 2017 application package early last summer.

In November, in order to have a better chance at securing his parents a coveted spot in the first-come, first-serve system, he hired a courier to make sure the application would be hand-delivered to the Immigration Department's Mississauga processing centre on Tuesday as soon as the office opened its door to accept applications.

Then just before Christmas, Immigration, Refugees and Citizenship Canada announced an overhaul of the intake process for the 2017 parent and grandparent sponsorship program.

Instead of continuing the old system that usually saw spots run out within days, officials have adopted a lottery system to award the spots and will randomly draw 10,000 individuals from the pool and invite them to submit full applications.

That means all the efforts Dodero made in the last few months to compile documents for his parents in Venezuela are in vain, with a new application kit and guide coming next Monday.

Dodero has already spent $250 on the mailing fees and another $200 to a local courier. The expenses are nonrefundable.

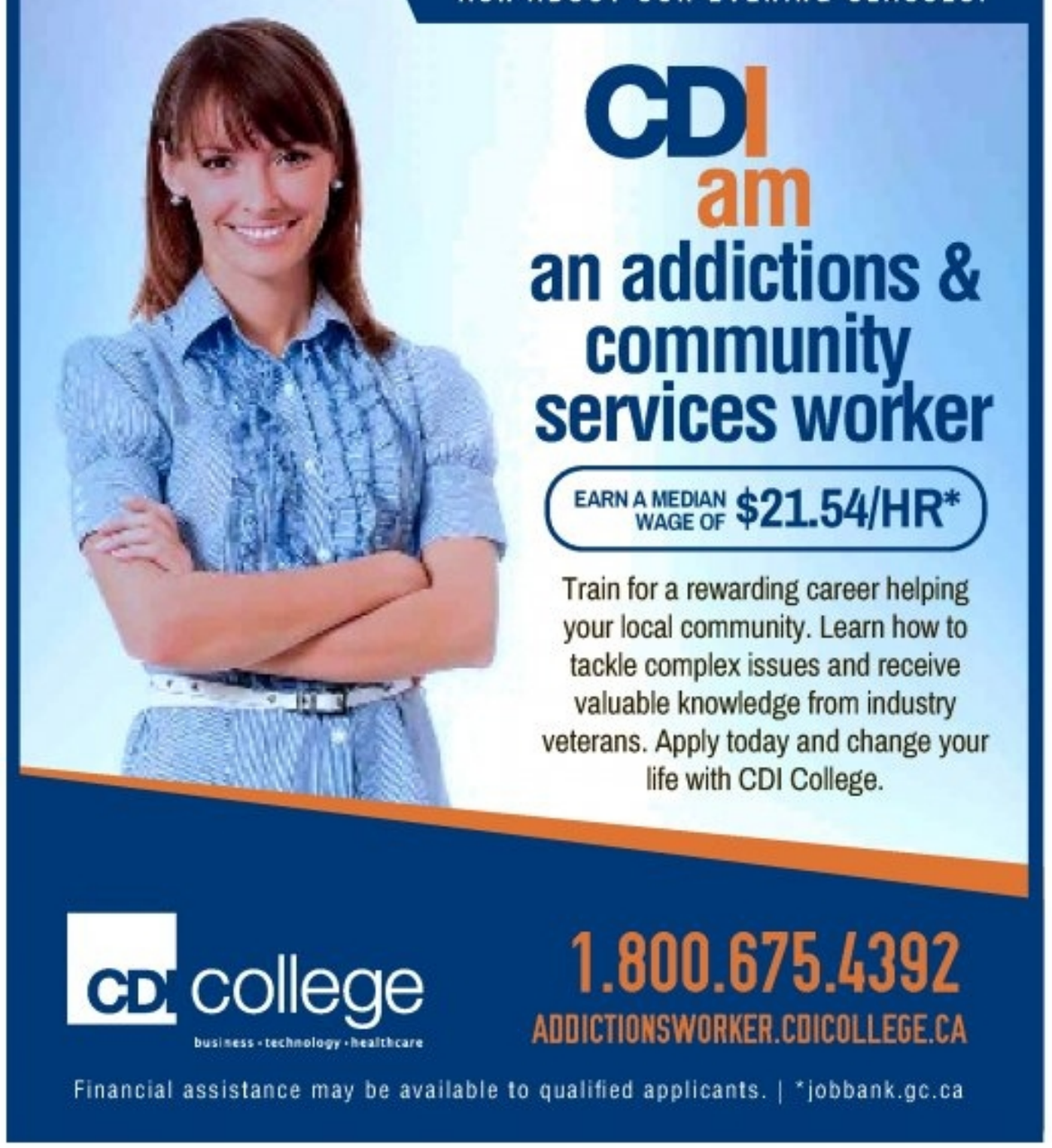
"We missed the cut last time and we planned in advance this time. We are just totally disappointed. If the government was going to change the process, it should have let us know in June," said Dodero, 35, an aircraft maintenance engineer who immigrated to Toronto in 2009.

Officials said the new system was introduced partially to address the concerns over applicants paying as much as $400 to hire couriers to be at the front of the line each year.

TORSTAR NEWS SERVICE

RULES

- **Under the new system,** applicants have between now and Feb. 2 to complete an online form on the immigration website to enter the draw.
- **If selected,** they have 90 days to submit the full application.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Canada, land of the sweets

BIRTHDAY BASH

Bakery's tasty treats celebrate each province and territory

Yvette d'Entremont
Metro | Halifax

A bakery in Halifax, N.S. has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary will feature classic desserts from each Canadian province and territory.

People are being encouraged to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Owner Laura MacLeod said she baked up the idea for a Canada-themed 2017 on New Year's Eve while thinking about changes to her menu.

Laura MacLeod will bake treats each month of the sesquicentennial. JEFF HARPER/METRO

She asked people via social media to send in their favourite recipes from across Canada, and so far she hasn't been disappointed.

"Out of the gate people were saying 'I love this idea.' It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in," she said.

"This is going to be a great way to learn about the baking history of Canada and what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one."

Although she still hasn't mapped out which provinces are being represented when, Quebec is happening next month to take advantage of its renowned maple syrup.

"I'm going to cherry pick Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season," she said.

"I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada."

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite recipes representing all of Canada's provinces and territories.

"We know people from Nova Scotia are from everywhere because we talk to them everyday. We have Newfoundlanders, we have people from Quebec, from Ontario, from B.C., Alberta," MacLeod said. "I'm really excited about learning. I think there will be a lot of that happening for many of us this year."

TAKE PART

Send submissions to info@theoldapothecary.com.

Four dead in rural Nova Scotia home

Philip Croucher
Metro | Halifax

The RCMP in Nova Scotia say four people are dead after officers were called to a residence in a rural community on Tuesday evening.

In a release, the force says they were called to a home in Upper Big Tracadie in Guysborough County around 6 p.m.

"Upon arrival officers located four deceased individuals inside a residence. Based on the preliminary investigation the RCMP want to advise there is no risk to the public. RCMP Cpl. Jennifer Clarke said it's a "developing" and "complex situation." The RCMP says they are continuing to investigate and more information will come out when available.

TRAGEDY

Woman killed in Italy during hiking accident

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from the area. Many Canadians have died abroad in recent days. Here is a list to remember them:

1. **Clinton Munkittrick** of Sherbrooke, Que. died in Thailand after a New Year's Eve party.
2. **Alaa Al-Muhandis** of Milton, Ont. was killed in the New Year's attack on an Istanbul nightclub.
3. **A 10-year-old girl** died Christmas Eve after falling ill aboard a transatlantic Air Canada flight, which diverted to Ireland.
4. **Linda Vatcher,** 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan. THE CANADIAN PRESS

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0316

Nearly 7,000 Iraqis killed

MIDDLE EAST

2016 casualties 'have to be considered a minimum:' UN

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were killed and another 1,066 were wounded. The worst affected area was the northern province of Ninevah, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week.

The deadliest Daesh attack was in July when a massive suicide bombing in a bustling market area in central Baghdad killed almost 300 people, the bloodiest single attack in the capital in 13 years of war.

THE ASSOCIATED PRESS

ALL PHOTOS CONTRIBUTED

RESCUE

Toddler saves twin brother

A two-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

1 Two-year-old toddler twins play around by a dresser.
2 The dresser suddenly falls on one of the twins.
3 The other twin bravely manages to manoeuvre the dresser off his brother.

THE ASSOCIATED PRESS

MORE ON THE METRO APP

COLOMBIA

UN envoys blasted for party with rebels

United Nations observers are in hot water in Colombia over a video showing them dancing with leftist rebels while deployed to watch over the guerrillas as part of a peace deal.

The short video was shot by Spanish news agency EFE from inside a jungle camp in northern Colombia during a New Year's Eve party. It shows two men wearing blue vests with UN insignia dancing hip-to-hip with female guerrillas.

The images, dismissed by some as a folkish display of Colombians' love for revelry in even the most adverse circumstances, drew sharp rebuke from opponents of the peace deal between the government and the Revolutionary Armed Forces of Colombia.

"What a joke," conservative lawmaker Maria Fernanda Cabal blasted out on Twitter. "How can we trust in the UN delegates' impartiality when they go partying with the FARC?"

The UN mission in a statement late Monday said it would take appropriate measures.

"This behaviour ... doesn't reflect the values of professionalism and impartiality of the mission," it said without identifying the officials by name.

As part of a peace deal ratified last month hundreds of UN-sponsored observers, mostly from Latin America, are being deployed across the country to 20-plus camps where guerrillas will soon turn over their weapons.

The UN mission is charged with receiving the weapons and providing periodic reports on the two sides' adherence to the peace deal.

THE ASSOCIATED PRESS

U.S. CONGRESS

Republicans drop plans to gut ethics board after Trump tweet

The new GOP era in Washington got off to a messy start Tuesday as House Republicans, under pressure from President-elect Donald Trump, abruptly dropped plans to gut an independent congressional ethics board.

The dizzying about-face came as lawmakers convened for the first day of the 115th Congress, an occasion normally reserved for pomp and ceremony under the Capitol Dome. Instead, House Republicans found themselves under attack not only from Democrats, but from their new president, over their secretive move Monday to neuter the independent Office of Congressional Ethics and place it under lawmakers' control.

GOP leaders scrambled to contain the damage, and within hours of Trump registering his criticism on Twitter, they called an emergency meeting where House Republicans voted without opposition to undo the change.

The episode, coming even before the new Congress was convened and lawmakers were sworn in, was a powerful illustration of the sway Trump may hold over his party.

"With all that Congress has to work on, do they really have to make the weakening of the Independent Ethics Watchdog, as unfair as it may be, their number one act and priority," Trump had asked over Twitter Tuesday morning. Trump, said the focus should be on tax reform and health care.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, January 4, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?

Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick "my pleasure!" would not go amiss.

Group email rituals sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of hand-written cards sent by post, and even, on occasion, a flower delivery.

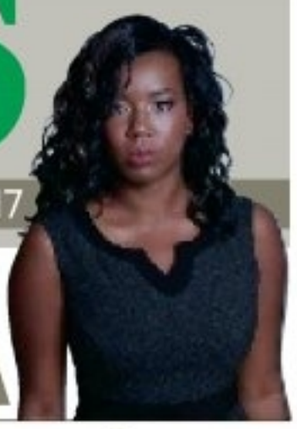
Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless-email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude, witty retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA



Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Presteve Foods after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the thousands. The documentary Migrant Dreams by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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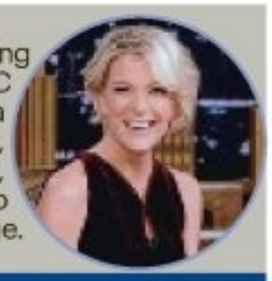
metro LIFE

Your essential daily news

Wednesday, January 4, 2017

Megyn Kelly is leaving Fox News for NBC where she will host a daytime talk show, a weekend program, and contribute to breaking coverage.



Food that makes you happy

RECIPE

Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling satiated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu cut into small cubes
- 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

BALANCED DIET

Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

Directions:

1. In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.

2. Transfer to serving bowl and serve immediately.

Sunshine Chopped Salad

Makes one serving

If you've overloaded on salty turkey and ham over the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

This take on the classic cob adds chunks of oranges and subs in a lighter-tasting grilled chicken for bacon.

Ingredients:

- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
- Salt and pepper, to taste
- 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
- 1 hard-boiled egg, chopped
- 1/2 avocado, seeded, peeled and diced
- 1/2 cup (125 mL) peeled and diced beet
- 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
- Olive oil, to taste
- Balsamic vinegar, to taste

Directions:

1. In an unoiled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.

2. In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with olive oil and balsamic vinegar to taste. Serve immediately.

Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

Ingredients:

- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

Directions:

1. Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.

2. Serve immediately.

TORSTAR NEWS SERVICE

metro WHEELS
Your essential daily news
Lamborghini's Urus SUV to be brand's first plug-in hybrid

The best vehicle that FCA builds

REVIEW

Yeah, you read that headline right — this minivan rules

Craig Cole
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me," I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness. While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

Chrysler's ingenious Stow 'n Go second-row seats remain and are still a marvel of mechanical engineering, folding, tumbling and dropping into the floor with the simple pull of a strap. When people aren't on your manifest, the Pacifica offers nearly 3,993 litres of interior volume.

In their upright and locked position, those second-row seats are extremely comfortable, offering plenty of knee and headroom with a lower cushion that's nicely elevated off the floor.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6. As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust-gas recirculation. A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

THE CHECKLIST | 2017 CHRYSLER PACIFICA

THE BASICS

Engine: 3.6-litre V6
Output: 287 horsepower, 262 lb-ft
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.9 city, 8.4 highway, 10.9 combined
Price: Starts at $45,740

LOVE IT

- Comfortable accommodations
- High-quality interior
- Powerful drivetrain
- Fuel efficiency
- Smooth ride
- Versatility

LEAVE IT

- Flat, lifeless front seats
- Gets expensive with add-ons

Obama's (motorcade) seat still available

COLLECTORS

$1M Hot Wheels collection: crazy or crazy cool?

Bruce Pascal is an American diecast diehard whose toy collection exceeds $1-million U.S. Recently profiled on Barcroft, Pascal admitted he has well over 3,000 Hot Wheels and that he is hoping to raise the profile of the collectibles, likening them to fine art rather than mere toys. Pascal says he'd like to one day open a museum dedicated to Hot Wheels.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM

RANDOM

Pair of Obama's chairs can be yours

In what might be the most random slightly automotive-related thing to ever pop up in our inboxes, a pair of chairs from U.S. President Barack Obama's campaign motorcade are up for auction. The two chairs were personally used by the President during the 2008 presidential campaign and are expected to be sold for upwards of $6,000. The two chairs are embroidered with Obama's campaign logo, are pillow cushioned, and set on circular wooden swivel bases. "Obama's world essentially revolved around these two chairs," says a letter from Premiere Transportation, the company that rented the motorcade vehicles to the Obama Campaign. The letter goes on to say that President Obama conducted major campaign business from these chairs, and even took naps in them from time to time. JODI LAI/AUTOGUIDE.COM

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etr SPORTS

The Vikings say the pair who hung from the rafters in protest of the Dakota Access pipeline entered U.S. Bank Stadium with tickets on Sunday

Tripping on the finish line

NHL

Leafs blow another third-period lead in loss to Capitals

TUESDAY in D.C.

6	5
CAPITALS	LEAFS

Alex Ovechkin scored 22 seconds into overtime and the Washington Capitals rallied to beat the Maple Leafs 6-5 on Tuesday night and end Toronto's winning streak at five.

Ovechkin's 18th goal of the season came after the Capitals erased multiple deficits to win their third in a row. The Russian superstar moved to within five points of 1,000 for his career.

Justin Williams had a goal and two assists, and T.J. Oshie, Evgeny Kuznetsov, Dmitry Orlov and John Carlson also scored for Washington. Philipp Grubauer made 15 saves in relief of Braden Holtby, who was pulled after allowing three goals on eight shots.

Nazem Kadri, Connor Brown, Frederik Gauthier, Leo Komarov and Mitch Marner scored for the Maple Leafs. Frederik Andersen made 23 saves.

Maple Leafs coach Mike Babcock expected the Capitals' best jab after a punchless effort the last time the teams met in Toronto in November. Williams struck first with his 10th goal of the season just 1:14 in, and Washington had the game's first five shots.

Capitals forward Tom Wilson checks Leafs rookie Auston Matthews on Tuesday night at Verizon Center in Washington. PATRICK SMITH/GETTY IMAGES

There was no shortage of back-and-forth action or scoring the rest of the first period with Maple Leafs goals from Kadri, Brown and Gauthier sandwiched around Oshie's 12th of the season. The start of the second period brought a goaltending switch as Capitals coach Barry Trotz pulled Holtby for Grubauer.

That didn't slow Toronto, which broke through twice against Washington's penalty kill — the Caps special team hadn't allowed a goal in seven games dating to Dec. 16. But as is common with young teams, the Leafs suffered a third-period letdown as goals by Kuznetsov and Orlov tied the score at 4. Marner gave them back the lead on a nifty breakaway, but then Carlson scored with 6:05 left in regulation

THE ASSOCIATED PRESS

MORE SCORES

Blue Jackets 3, Oilers 1
Cam Atkinson and William Karlsson scored power-play goals and the host Columbus Blue Jackets beat the Edmonton Oilers on Tuesday night to extend their winning streak to 16 games — one away from the longest ever in the NHL.

Devils 3, Hurricanes 1
Adam Henrique, Michael Cammalleri and Kyle Palmieri each had a goal and an assist, leading the New Jersey Devils over the Hurricanes in Raleigh, N.C.

Sabres 4, Rangers 1
Evander Kane and Justin Bailey scored 1:42 apart around the first intermission, leading the Buffalo Sabres to victory over the New York Rangers in Manhattan.

THE ASSOCIATED PRESS

WORLD JUNIORS

Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them.

Dominique Ducharme
THE CANADIAN PRESS

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years.

THE CANADIAN PRESS

SOCCER

Lawrence headed to France with PSG

After a stellar collegiate career and fine Olympic showing, young Canadian soccer star Ashley Lawrence is going to test herself against the best in Europe.

The 21-year-old fullback-midfielder from Toronto, who has 46 caps for Canada, has signed with renowned French club Paris Saint-Germain through June 2019.

"Ashley is one of the most promising young players in the world under 22 years of age at her position," Olivier Letang, PSG's sports director, said in a statement. "It's very satisfying to see her sign for us looking to continue her development and show her talents to the Parisian fans."

Ashley Lawrence
GETTY IMAGES

THE CANADIAN PRES

IN BRIEF

Ex-Jay Storen joins Reds
The Reds agreed to a $3-million, one-year contract with Drew Storen, their first move to improve Cincinnati's historically bad bullpen.

The 29-year-old reliever can make an additional $1.5 million in performance bonuses under the deal announced Tuesday. He would get $500,000 if traded.

Storen went 4-3 with a 5.23 ERA in 57 appearances last season for Toronto and Seattle. THE ASSOCIATED PRESS

PREMIER LEAGUE

Gunners fire back to salvage draw

Olivier Giroud headed a late equalizer after setting up two goals to complete Arsenal's second-half comeback at Bournemouth, salvaging a 3-3 draw for his side in an engrossing Premier League game on Tuesday.

Bournemouth stunned Arsenal in an electric 20-minute opening, with Charlie Daniel netting and Callum Wilson scoring a penalty. Arsenal's troubles on the south coast deepened in the 58th minute when Ryan Fraser put the ball through goalkeeper Petr Cech's legs.

But Bournemouth capitulated in the final 20 minutes, helped by being reduced to 10 men, with Giroud setting up Alexis Sanchez with a header and then teeing up Lucas Perez's volley in the 75th minute.

Arsenal missed a chance to regain third place from Manchester City, staying fourth in the standings.

THE ASSOCIATED PRESS

"To be here now is satisfying, but it's not what we want. The gold medal is what we want."
Team Canada forward Mathew Barzal

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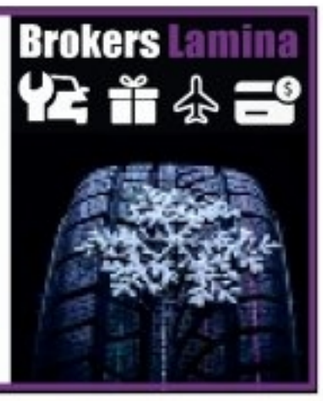

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MAKE IT TONIGHT

Winter White Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

Ready in 55 minutes
Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannelini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from pan and place on a plate. Set aside.

3. Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.

4. Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

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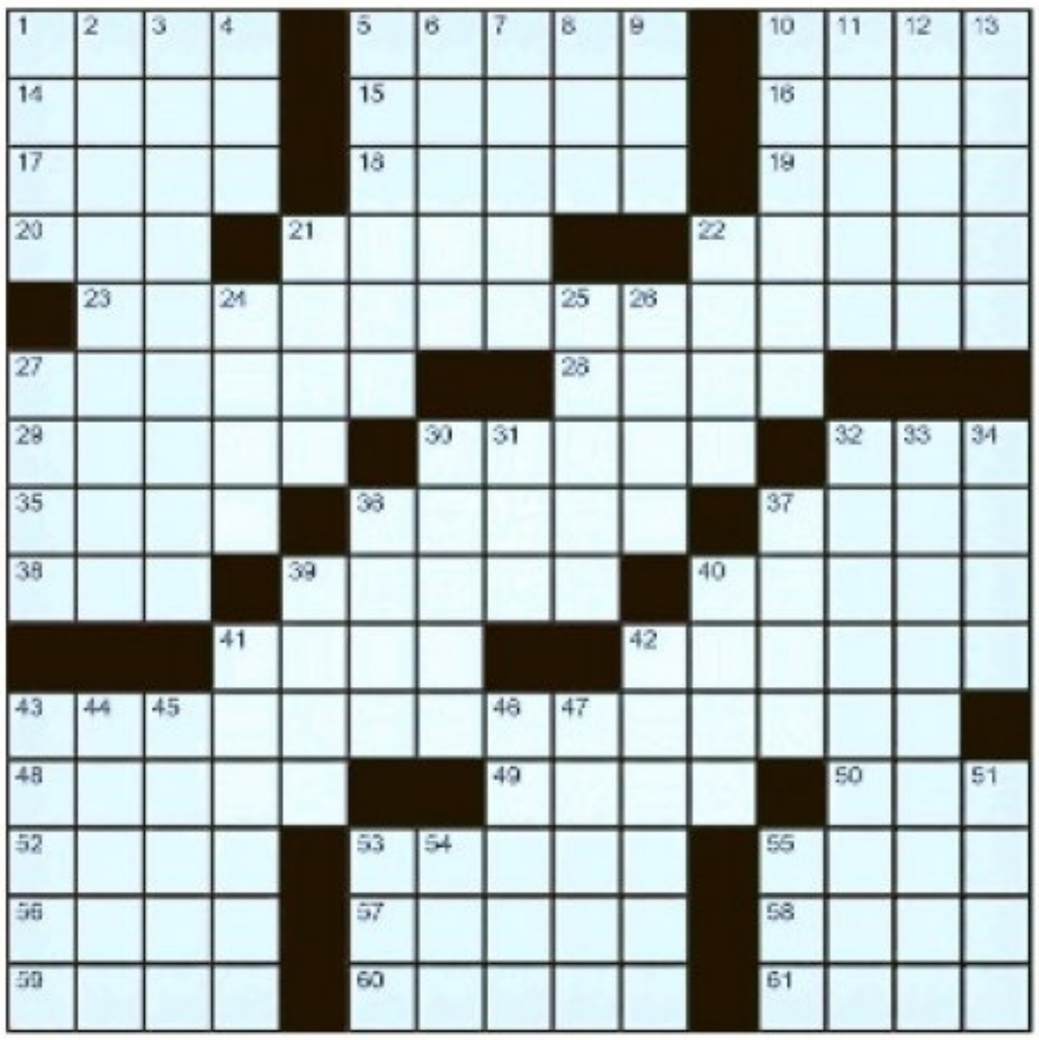
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Twain-of-tunes' trophies, tiny-ly
5. Arlene and Roald
10. Web letter category
14. Nectar-y necklaces
15. The __ (Diner's daily order)
16. Yarn
17. French 101 verb
18. __ journalism (Reporting style popularized by Hunter S. Thompson)
19. Up to the task
20. URL's helpful area
21. Capital of Greenland
22. "Sky __" by Eric Burdon & The Animals
23. Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake: 2 wds.
27. Sheep's coat characteristic
28. Stevie Wonder's "__ Made to Love Her"
29. High: Latin
30. Danny __ (Season 8 "American Idol" top three finalist in 2009)
32. Belonging to Winnipeg's prov.
35. Contends
36. Jimmies
37. #50-Across' casual opposite
38. "Layla" singer's initials-sharers
39. Drills and crowbars
40. __ Rica
41. Phonetic alphabet's last letter
42. Melting snow's state
43. Shots taken at the commencement of fitness overhauls: 2 wds.
48. Food-preparer's wear
49. Concrete hunk
50. "Uh-uh."
52. Sonic sound
53. Prefix with 'continental'
55. 'Snow house' in Inuktitut
56. Edge tool
57. Grinding tooth
58. Becomes
59. Visionary
60. Magical being in a John Keats 'Song'
61. Industrial city in Russia

DOWN
1. Music staff symbol
2. BMR = Basal __ Rate (Resting body's calories-burning expenditure)
3. Speaker's fingers-created marks indicating irony or sarcasm: 2 wds.
4. Opposite NNW
5. Sudbury-born hockey great Ron
6. Nary __ (Nobody)
7. Elvis: "A Big __ _' Love"
8. __-_-Boy (Reclining brand)
9. __-mo replay
10. Tiered steps
11. Mr. Picasso
12. Grant
13. Track events
21. Belonging to the Dallas Cowboys org.
22. Hope the heavens will hear
24. Wintertime wellness woes
25. Brand name running shoes
26. Venerations
27. Surfer's need
30. Band
31. Vinegar's salad pal
32. Courier
33. They create a spa-like experience: 2 wds.
34. Single-horse carriage
36. South __
37. Elton: "__ Song"
39. Swivel
40. Health __
41. 45-plus-people Canadian magazine
42. 1889 Vincent van Gogh painting, The __ Night
43. Rum cakes
44. Lyric†poem
45. Did this in the sub-zero weather
46. Basketry fibre
47. Well-defined
51. Shed the corn's shell
53. Global currency org.
54. Q. "Does 'B' come first?" A. "__, '_' does."
55. OneRepublic's "Wherever __"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

Taurus April 21 - May 21
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

Gemini May 22 - June 21
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

Cancer June 22 - July 23
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

Leo July 24 - Aug. 23
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

Virgo Aug. 24 - Sept. 23
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

Libra Sept. 24 - Oct. 23
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

Scorpio Oct. 24 - Nov. 22
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

Sagittarius Nov. 23 - Dec. 21
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

Capricorn Dec. 22 - Jan. 20
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

Aquarius Jan. 21 - Feb. 19
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

Pisces
Feb. 20 - March 20
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6		2				7		8
	4			8			9	
		9	7	1	5	4		
		8	6		4	2		
	9	4				1	8	
		6	8		1	5		
		7	1	3	9	8		
	8			6			7	
9		3				6		5

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6	9	3	1	8	4	7	2	5
2	1	5	3	7	6	8	4	9
4	8	7	2	5	9	6	3	1
5	3	6	4	1	8	2	9	7
8	7	2	9	3	5	1	6	4
9	4	1	7	6	2	3	5	8
3	5	8	6	4	7	9	1	2
7	6	9	5	2	1	4	8	3
1	2	4	8	9	3	5	7	6

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Waikiki Parc Hotel, Diamond Head Crater Adventure

INCLUDES roundtrip airport transfers and 4-star contemporary boutique hotel across from Waikiki Beach **PLUS** a Paradise Cove Luau excursion. **BONUS** $100* savings included. Departs Mar 1/ggv/ws.

Punta Cana
Flights + 7 Nights 4.5-Star All-Inclusive

$2005

The Level at Melia Caribe Tropical

INCLUDES 4.5-star adults-only all-inclusive resort that offers access to the exclusive GABI Club, private beach area and other VIP inclusions for Level guests only. **BONUS** $25* voucher included. Departs Feb 3/wsv/ws.

Riviera Maya
Flights + 7 Nights 5-Star All-Inclusive

$2049

Azul Fives Hotel by Karisma

INCLUDES 5-star all-inclusive upscale resort nestled on the beach in Playa del Carmen. **BONUS** $25* voucher included. Departs Feb 15/vth/ts.

Miami
Flights + 4-Night Escape — reg ~~$1549~~ now **$1449**

Room Mate Lord Balfour, Key West Day Trip

INCLUDES roundtrip airport transfer and 4-star art-deco hotel with daily breakfast in the heart of South Beach **PLUS** day-trip to Key West with snorkelling. **BONUS** $100* savings included. Departs Mar 2/ggv/ac.

LA Beaches
Flights + 4-Night Escape — reg ~~$1719~~ now **$1619**

Marina del Rey Marriott, Movie Stars' Home Tour & Transfer

INCLUDES roundtrip airport transfers and 4-star hotel in Marina Del Ray with easy access to Santa Monica, Venice and Playa Vista beaches **PLUS** guided tour of famous celebrity homes. **BONUS** $100* savings included. Departs Mar 7/ggv/ac.

St Lucia
Flights + 7 Nights 4-Star All-Inclusive — **$2005**

St James Club Morgan Bay

INCLUDES 4-star all-inclusive resort with a romantic beachfront setting just minutes from the world-class Rodney Bay Marina, Cap Estate Course and the Capital city of Castries. **BONUS** $25* voucher included. Departs Mar 22/acv/ac.

Montego Bay
Flights + 7 Nights 5-Star All-Inclusive — **$2279**

Hyatt Ziva Rose Hall

INCLUDES 5-star all-inclusive upscale hotel with a private beach. **BONUS** $25* voucher included. Departs Mar 21/swg/wg.

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